

EGGPLANT MOUSSAKA

MOUSSAKA INGREDIENTS

- 1 bag Morningstar Crumbles (defrosted)
- 1 Eggplant (large) (sliced in 1/4 inch slices)
- 1 Zucchini (sliced thin)
- 2 Potatoes (sliced thin)
- 1 Onion (sliced)
- 1 clove Garlic (minced)
- 1 T White vinegar
- 1 can Whole peeled tomatoes (14.5 oz) (chopped)
- 7 oz Lentils (canned)
- 1 C Feta cheese (crumbled)
- 1 t Oregano
- 2 T Parsley
- Salt & pepper to taste
- Non-stick cooking spray
- Garlic spray



COOKING DIRECTIONS

- 1 Spray a large saute pan with the non-stick & garlic sprays & brown the crumbles on a medium high heat making sure to 'unclump' them
- 2 Pre-heat oven to 375 F
- 3 Again spray the saute pan with non-stick & garlic sprays & lightly brown eggplant & zucchini slices on both sides
- 4 Again spray the saute pan with non-stick & garlic sprays & lightly brown the potato slices
- 5 Again spray the saute pan with non-stick & garlic sprays & saute the onion & garlic until browned
- 6 Pour in vinegar & reduce
- 7 Stir in crumbles, tomatoes, lentils, 1/2 the juice from the tomatoes, oregano & parsley
- 8 Cover & reduce heat to medium-low & simmer (15 minutes)
- 9 In a 9 X 13 inch pyrex dish layer eggplant, zucchini, potatoes, onions & feta
- 10 Pour tomato mix over vegetables & repeat the layering finishing with a layer of eggplant & zucchini
- 11 Cover & bake for 25 minutes & add sauce below baking uncovered (25 - 30 minutes)



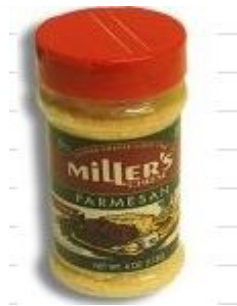
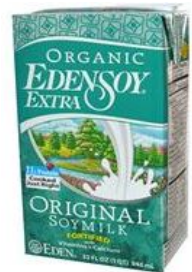
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TOPPING INGREDIENTS

- 1 1/2 T Olive Oil
- 2 T Quinoa flour **OR** Brown rice flour
- 1 1/4 C Rice milk **OR** Almond milk **OR** Milk (skim)
- Black pepper (to taste)
- 1 pinch Nutmeg
- 1/4 C Egg substitute (beaten)
- 1/4 C Parmesan (grated)

TOPPING DIRECTIONS

- 1 In a 2 qt sauce pan, combine the olive oil, quinoa flour & milk bringing it to a slow boil whisking constantly until thick & smooth
- 2 Season with pepper & nutmeg
- 3 Remove from heat & cool for 5 minutes before you stir in the egg substitute & parmesan cheese



Vegan Parmesan Cheese



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